

# Adult Special Interest

## DETOX WORKSHOPS

Has your diet been making you feel a bit sluggish these days? Are you suffering from acne, allergies, poor digestion or other health concerns? Would you like to have more energy? Cleaning out your insides helps you to feel and look great on the outside so don't miss this workshop. This 10 day detox is gentle and very effective. Join food and health expert and yoga teacher, Dolores Kent CNC, for this guided 10 day Detox workshop.

Instructor: Dolores Kent

Location: Centennial Recreation Center, Sr. Activity Room #1

Activity#	Date	Day	Time	Age	Sessions
5210.301	9/19-9/26	Sa	8:30-10am	18yrs+	2

Resident: \$30 / CRC Member: \$25

Non Resident: \$40 / CRC Member: \$35

## THAI YOGA MASSAGE PARTNER WORKSHOP

Thai Yoga is an ancient system of healing that combines massage, acupressure, twisting, stretching, and meditation to create wholeness of body, mind and spirit. You will be guided through giving and receiving a healing and relaxing Thai Yoga Massage session. Three hours. Wear comfortable clothing and bring extra blankets.

Instructor: Dolores Kent

Location: Centennial Recreation Center, Aerobic Room

Activity#	Date	Day	Time	Age	Sessions
5210.303	9/27	Su	1-4pm	18yrs+	1

Resident: \$40 / CRC Member: \$35

Non Resident: \$50 / CRC Member: \$45

## INTRODUCTION TO AN AYURVEDIC DIET/LIFESTYLE

In this workshop, Jen will provide an introduction to the ancient philosophy of Ayurveda, the "science of life." All participants will fill out a questionnaire to determine their predominant "dosha," or Ayurvedic mind and body type. Participants will learn how to harness the healing properties of food, nature, and lifestyle choices to balance their constitution and achieve vibrant health.

Instructor: Jennifer Moiles

Location: Centennial Recreation Center, Senior Center Activity Room #1

Activity#	Date	Day	Time	Age	Sessions
5210.305	10/5	M	6-8pm	18yrs+	1

Resident: \$30 / CRC Member: \$25

Non Resident: \$40 / CRC Member: \$35

## HOME COMPOSTING WORKSHOP

Discover the benefits of gardening using your own compost! This 2 hour workshop teaches basic backyard composting techniques in a fun and simple to understand lecture format. Pre-registration required.

Instructor: Santa Clara County Master Composter

Location: Centennial Recreation Center, Activity Room #2

Date	Day	Time	Age	Sessions
9/19	SA	10am-12pm	18yrs+	1
10/17	SA	10am-12pm	18yrs+	1

Free Class

For pre-registration please call (408) 918-4640

ADULT

# Morgan Hill Bowl

## Summer Specials

**StrIXe Night**  
**Unlimited Games**  
**Wednesday & Sunday**  
**7pm - 10pm**  
**\$9 per person**  
**Shoes Included**



**\$30 a lane**  
**Unlimited Games**  
**and Persons**  
**1 hour**  
**shoes included**  
**Family Night**  
**Friday & Saturday**

**Enjoy the F/X Experience!**  
**For a limited time only, ends Labor Day!**  
**Restrictions may apply.**  
**Morgan Hill Bowl 650 Tennant Station Morgan Hill, Ca 95037**  
**408-778-0909**